

High-Potassium/Low Sodium Recipes

Chicken Cacciatore

1/4 cup oil	1/4 cup dry white table wine
1 garlic clove, minced	1/4 teaspoon rosemary
3 chicken breasts, cut in halves, skinned	1 bay leaf
1 medium onion, chopped	1/4 teaspoon basil
2 tablespoons chopped green pepper	1 teaspoon pepper
4 fresh tomatoes, peeled and chopped	

Heat oil and garlic in large skillet. Add chicken and brown. Remove chicken. Add onion and green pepper to skillet, adding more oil if necessary. Cook until tender. Pour off fat. Return chicken to skillet. Add remaining ingredients. Cover and simmer over low heat 30 minutes, or until chicken is tender. Remove bay leaf before serving. May be served over rice.

Makes 6 servings. Potassium: 579 mg. per serving. Sodium: 57 mg. per serving.

Tomato Crown Fish

1 1/2 cups water	1/2 medium green pepper, finely chopped
2 tablespoons lemon juice	2 tablespoons finely chopped onion
1 1/2 pounds cod filets	1/4 cup dry bread crumbs
1 teaspoon pepper	1/2 teaspoon basil
2 large fresh tomatoes, sliced 1/4" thick	1 tablespoon oil

Combine water and lemon juice. Pour over fish filets and let stand 30 minutes. Drain filets. Place fish in an oiled baking dish. Season with pepper. Place tomato slices on fish and sprinkle with green pepper and onion. Combine bread crumbs, basil, and oil, blending well. Spread seasoned crumb mixture evenly over tomatoes. Bake uncovered in 350°F oven 25 minutes or until fish is firm and flakes easily with a fork.

Makes 6 servings. Potassium: 484 mg. per serving. Sodium: 75 mg. per serving.

Herbed Filet of Sole

1/3 cup lemon juice	2 tablespoons margarine
1/4 teaspoon dry mustard powder	1 pound filet of sole
1/2 teaspoon tarragon	

Combine lemon juice, mustard, and tarragon. Spread margarine in flat baking dish and add fish. Brush with seasoned lemon juice. Broil 2-3 inches from the heat for 5-8 minutes for thin filets (10-12 minutes for thicker filets). Brush once or twice with lemon juice mixture during broiling. Fish is done when it is firm and flakes easily with a fork. Do not overcook.

Makes 4 servings. Potassium: 496 mg. per serving. Sodium: 134 mg. per serving.

Scalloped Potatoes

3 tablespoons margarine	1 teaspoon onion powder
2 tablespoons all-purpose flour	1 teaspoon garlic powder
2 cups skim milk	5 medium potatoes, thinly sliced
1/4 teaspoon pepper	1/2 cup chopped onion

Melt margarine in a small saucepan. Add flour and mix well. Gradually add milk while stirring constantly. Cook over medium heat, stirring until thickened. Add pepper, onion powder, and garlic powder. Place potatoes and chopped onion in a lightly oiled 1 1/2 quart casserole, add sauce, and mix. Cover and bake in 350°F oven 30 minutes. Stir gently and bake uncovered an additional 30-40 minutes or until lightly browned and potatoes are tender.

Makes 5 servings. Potassium: 631 mg. per serving. Sodium: 139 mg. per serving.

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Potassium is a mineral essential for body maintenance and growth. *The recommended minimum daily intake of potassium through food should be 1,500 to 2,500 milligrams, or levels recommended by your physician.* Most people get enough potassium from the food they eat. However, persons taking diuretics or other blood pressure medication lose potassium through increased urination. The amount lost must be replaced by an increased intake of foods high in potassium or by taking potassium supplements. Current research suggests that a diet high in potassium may aid in the prevention as well as treatment of high blood pressure.

Persons on high blood pressure medication who are not taking in enough potassium may develop symptoms such as muscle weakness, muscle cramps, nausea, lack of appetite, or intestinal upset. Persons experiencing such symptoms should immediately seek medical attention since extremely low blood potassium levels can lead to death.

The foods listed in this pamphlet are high in potassium, low in sodium, and can be included in a well-balanced diet. Remember that some other foods which are high in potassium may also be high in sodium. Persons with high blood pressure may need to restrict their sodium intake.

PLEASE NOTE: Persons with special dietary needs should check with their physician before following this or any other diet information. *For example, persons with certain kidney malfunctions may have to restrict their intake of potassium as well as sodium, and should avoid high potassium foods.*

Food	Amount	Potassium	Sodium	Calories
Fruits – Fresh				
Cantaloupe	1 cup (pieces)	494 mg	14 mg	57
Honeydew melon	1/4 small	251 mg	12 mg	33
Banana	1 medium	451 mg	1 mg	105
Orange	1 medium	250 mg	1 mg	65
Watermelon	1 cup	186 mg	3 mg	50
Apricots	3 medium	313 mg	1 mg	51
Raisins, seedless	2/3 cup	751 mg	12 mg	300
Strawberries	1 cup	247 mg	2 mg	45
Grapefruit	1/2 medium	158 mg	0 mg	37

Values revised from Bowes and Church, "Food Values of Portions Commonly Used," 14th ed., 1985

Food	Amount	Potassium	Sodium	Calories
Juices – Canned				
Prune juice	8 oz	706 mg	11 mg	181
Tomato juice	8 oz	598 mg	676 mg	41
Orange juice	8 oz	436 mg	6 mg	104
Grapefruit juice	8 oz	378 mg	3 mg	93
Milk				
Fortified skim milk	1 cup	406 mg	126 mg	86
Whole milk	1 cup	370 mg	120 mg	150
Meat / Fish / Eggs / Beans				
Chicken, no skin*	3 oz cooked	237 mg	68 mg	161
Turkey, no skin*	3 oz cooked	304 mg	54 mg	134
Fish / Seafood*	3 oz cooked	321 mg	59 mg	66
Lean beef*	3 oz cooked	437 mg	38 mg	205
Egg	1 large	65 mg	69 mg	79
Soybeans*	1/2 cup cooked	540 mg	2 mg	130
Lima beans, frozen	1/2 cup	470 mg	125 mg	128
Split peas*	1/2 cup cooked	268 mg	12 mg	104
Vegetables – Fresh				
Avocado	1/2 medium	549 mg	10 mg	153
Squash, winter	1/2 cup baked	461 mg	1 mg	63
Mushrooms	10 small	414 mg	15 mg	28
Potato	1 medium	407 mg	3 mg	76
Brussels sprouts, frozen	3/5 cup	344 mg	14 mg	37
Spinach	1/2 cup cooked	291 mg	45 mg	21
Tomato	1 small	244 mg	3 mg	22
Greens	1/2 cup cooked	234 mg	25 mg	29
Breads / Cereals				
Wheat germ	1 ounce	268 mg	1 mg	108
40% bran flakes	1 ounce	180 mg	246 mg	93
Oatmeal	1 ounce dry	140 mg	12 mg	133
Whole wheat bread	1 slice	44 mg	159 mg	61
White bread	1 slice	27 mg	123 mg	64
Miscellaneous				
Molasses, light	1 tablespoon	300 mg	16 mg	50
Sunflower seeds	1 ounce	258 mg	8 mg	157
Peanuts, roasted w/o skin	1 ounce salted	210 mg	138 mg	170

* NO SALT added in cooking